



THE ARTISTIC ANNOUNCEMENT

Welcome to the April-June, 2024 Education Newsletter!

Our goal is to share information with you from experts, volunteers, coaches and officials. If you have suggestions to be included in future newsletters, please send them to shari@usaartisticswim.org.

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- Coach/TC Updates & Clarifications
- New Apnea Guidelines



UPCOMING EVENTS

June 29-July 6

Junior Olympic Championships
Gresham, OR

July 23-27, 2024

National Elite Camp (invitation only)

Sep 11-15, 2024

USAAS Convention
Tempe, AZ

You don't inspire your teammates by showing them how amazing you are.



You inspire them by showing them how amazing they are.

SKIP AHEAD - GUIDE

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SAFESPORT INFORMATION

REMINDERS

- All participants over the age of 18 will be required to complete the training courses regardless of if they practice or compete with minor athletes. Athletes turning 18 in the year will need an Adult membership, but won't be required to complete SafeSport UNTIL they turn 18.
- If you have completed the four course cycle, please contact SafeSport so they can reset your course so you can retake the course cycle.

HOW TO REPORT

Reporting: If you would like to report any alleged sexual, physical, emotional misconduct, or violations of the MAAPP, please utilize the following contact information:

To SafeSport: US Center for Safe Sport's Toll Free Report a Concern Phone Number: 833-5US-SAFE (587-7233) To report a concern to the Center of SafeSport, click [HERE](#).

To USA Artistic Swimming: To anonymously report a concern to USA Artistic Swimming free of cost, please fill out this [HERE](#). For further questions, contact the USA Artistic Swimming Safe Sport team at USAASsafesport@usaartisticswim.org.

IMPORTANT DOCUMENTS

2022 USAAS MAAPP: USA Artistic Swimming's Minor Athlete Abuse Prevention Policy

Team Travel Policy: Consent forms are to be filled out for travel and lodging while at a hotel sanctioned by NGB/USOPC event.

Training Session Consent Form: This must be filled out if a minor athlete takes individual training sessions with a coach

Response & Resolution Policy: outlines our approach for communication of policies and our structure for handling reports and investigations of misconducts.

Quality Control System: outlines administrative holds, suspended, and banned member protocols.



TRAIN LIKE A CHAMPION

Check out the USAAS SloCoach platform for access to many different sessions for Coaches & Athletes.

Click [here](#)

TAKE A LISTEN

What Makes a Great Player

Listen [here](#)

Parental Guidance and Success

Listen [here](#)

ANNOUNCEMENTS

*The 2024 USAAS Convention will include education sessions. Coaches who attend 3/4 of these sessions will receive a 1-year extension to their CCP expiration date.

*Any coach who would like to attend National Elite Camp, will receive a 1-year extension to CCP expiration date.

Attendance must be 3 days at \$100/day.

*Reminder: anyone who attends Coaches College will receive a 1-year extension to their CCP expiration date.

WHO YA GONNA CALL?

Adam Andrasko - CEO, adam@usaartisticswim.org

Emily Burlison - Events & Membership Director,
emily@usaartisticswim.org

Kennedy Shriver - Communications Manager,
kennedy@usaartisticswim.org

Shari Darst - Education Director,
shari@usaartisticswim.org

GREAT READS

Hidden Potential: The Science of Achieving Greater Things by Adam Grant (available on Amazon)

Lighting the Way from Behind:
A Lesson for Coaches and Parents

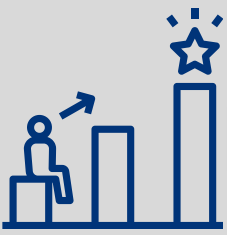
Click [here](#)

WATCH THIS

Athlete Mental Health: Click [here](#)

“Mastery” by Rafael Eliassen: Click [here](#)

“Inside the Mind of Champion Athletes”: Click [here](#)



CREATING STRONG HABITS

HOW TO CREATE STRONG HABITS TO HELP YOUR ATHLETE ACHIEVE GOALS

Some athletes, when asked about their current goals, will simply list 'winning'. But ask how they intend to meet that goal and you'll likely be met with confused silence. Not only does goal-setting often go overlooked, we also miss teaching students how to meet their goals by putting specific, long-term daily habits in place.

Frank L. Smoll, PhD, a sport psychologist and professor at the University of Washington, regularly finds himself teaching these concepts to university students who are learning about goal-setting for the first time. Here's what he wants you to know to help your athletes create a system of habits to hit their goals.

TEACH GOAL-SETTING BASICS

Before explaining habits, you need to first teach your athletes how to set goals, and then how related habits can logically help them achieve those goals. It sounds obvious to adults, but for young children, that cause-and-effect may be harder to comprehend. "In college, I teach a course on this, but it's foundational and often skipped in younger grades," says Smoll. In order to set young athletes up with a strong foundation of goal-setting, try sharing the concept of SMART goals and the reasoning behind this strategy.

CONSIDER THE ABC'S

"Create goals that are Achievable, Believable, and Commitable," says Smoll. "People often set broad goals – like New Year's resolutions to 'lose weight' – and they rarely work." That's because goal-setting is a process that requires commitment to working on things on a daily basis. You need to start with a goal that you can believe in, realistically achieve, and are willing to commit to. Then, break down that goal into action steps. "Find individual steps that are achievable and commit to them," he adds. "Those early wins are going to keep students invested and moving forward."

NOT ALL GOALS ARE CREATED EQUAL

"Find something that your athletes want to get from the season. Find something that they will want to achieve, and they will be motivated to start working on those strong habits," explains Smoll. Their goals don't have to be sport-specific. Suggest something outside of sport if they're struggling to find something sport-related. Maybe a goal would be to make time to read more books or improve their grade in a class. Smoll adds, "You can find something simple that they want to accomplish, and once they accomplish something small, they'll be even more motivated."

DEFINE THOSE GOOD HABITS

Once a SMART goal has been identified, sit down with your athletes and list out habits that support that goal and will help the team find success, suggests Smoll. That can include practice-specific habits like always warming up, as well as healthy lifestyle habits like eating balanced meals, getting in physical activity beyond practice, and practicing smart time management.

SHOW THE IMPORTANCE OF SPECIFIC HABITS

Often, children won't understand how a habit like sleeping enough can improve their training. "You have to convince young athletes of the importance of these habits before you can expect them to put them into practice," says Smoll. For example, more than 40 percent of teens aren't getting adequate amounts of sleep, and inadequate sleep can lead to inattention in school and in games, as well as an increased risk of depression and anxiety or other risky behaviors. Simply telling a student to 'sleep eight hours each night' isn't as helpful as explaining the benefits versus the risks.

AVOID EXTERNAL REWARDS

It's tempting to offer extrinsic rewards for a job well done, or for sticking to a healthy habit for a certain amount of time. "But the problem with providing extrinsic rewards for goal achievement is that an athlete will start working for that reward versus that feeling of accomplishment. A dedicated athlete shouldn't need five dollars for a win," says Smoll. "A lot of parents want to be involved, but they're actually hurting the athlete by providing external motivation. We want athletes to have an internal drive, and if you start introducing extrinsic rewards, that undermines internal motivation."

CHART PROGRESS

Repetition has been shown to be the key to habit formation. "One of the keys to goal-setting is adding in process goals that are measurable, things you can do each day. I have athletes set up a simple performance evaluation system where they can check off if they met that objective for the day," explains Smoll.

That can be things like drinking a certain amount of water, showing up to practice on time, doing a quick yoga or mindfulness routine each day, or any other healthy habits. "Any simple form of record-keeping is going to be helpful."

Teaching young athletes how to develop strong habits early will set the foundation that will allow them to reach their goals. Being able to see "those easy early wins – like simply sticking to a small habit – can make it much easier to work towards big goals," says Smoll. "Give a kid something they can do right away, and you create a foundation for moving on to other things. This is a big part of why youth sport is so valuable," Smoll says. "It's a laboratory for life."



PRE-COMPETITION NERVES

TIPS TO COPE WITH PRE-COMPETITION NERVES

CHANGE NEGATIVE SELF-TALK

What you say to yourself pre-game will directly affect how nervous you become. If you are talking trash to yourself before a game, or after you a mistake, you will only stress yourself out. Instead, make a conscious effort to interrupt the flow of negative chatter by replacing it with a more positive or even neutral inner dialogue. You have to act as your own “best fan!” Speak to yourself in a supportive and encouraging way, or better yet, stop speaking to yourself completely and focus on what your body is doing and what’s going on in the moment.

CONCENTRATE ON PLAYING THE GAME, NOT ON WINNING

If you want to play your very best and win, you must be sure that you DO NOT concentrate on winning. Your focus should be on the PROCESS, not the OUTCOME. The process is what’s going on at any given moment. If you concentrate on the second by second, minute by minute process of the game, you will actually maximize your chances of winning!

FOCUS ON WHAT YOU WANT TO HAPPEN, NOT ON WHAT YOU’RE AFRAID WILL HAPPEN

Keep your game focus on exactly how you want to play and what you want to do. If you focus on what you are afraid might happen you will not only distract yourself, but you’ll also stress yourself out even more. Instead, focus on the feel of proper execution, making a great pass, sticking a landing or feeling yourself putting a good swing on the ball.

CONTROL THE CONTROLLABLE

Be sure that you keep your focus on what you CAN actually control. Things like the weather, questionable officiating, and the attitude of your opponents are “UNCONTROLLABLE,” meaning that you can’t really do anything about them and thinking about it will only distract you and hurt your performance. But your focus, your body, your willingness to listen to your coach, those are the things you can control, so put your mental energy there instead.

WHAT MAKES A GREAT TEAMMATE?

Good teammates can turn a good sports experience into a great sports experience. Every player has the ability to provide the support necessary to be a great teammate. Great Teammates:

- 1. Give relentless effort:** You cannot control many things that will happen during your season, but you can control how hard you play. The only way to get better is to give your maximum effort. This not only makes you better, but pushes your teammates to get better as well.
- 2. Are unselfish:** Put the team 1st. Your job is to do what it takes to help the team be successful. This isn't always easy, but great teammates find a way to put the success of the team above their own success.
- 3. Are honest:** All great teams and relationships are built on honesty. Your coach and teammates need to know that they can trust you during the ups and downs of a season.
- 4. Are humble:** You may be the star of your team or you may be a role player, either way, remember that the team comes 1st. Put your individual accomplishments aside and give praise to your teammates. Teams succeed when no one cares who gets the credit.
- 5. Hold themselves and their teammates accountable:** You should have high standards for yourself and your teammates. If a teammate is not fulfilling their duty to the team, engage them in a supportive conversation to help get them back on track. You might need to help them buy into a particular strategy, help them accept their role on the team, or simply hear them out. Be the player that reaches out to your teammates to help the team as a whole.
- 6. Strive to improve:** You can always be a better player tomorrow than you are today. Work to improve your game and you will lift your teammates. Stay and work after practice and see how many teammates start to join you.
- 7. Are optimistic:** Don't be a player constantly complaining to others about what's wrong. Look for the positives in your teammates and coaches.
- 8. Behave respectfully towards others:** Treat everyone involved in your sport experience with dignity. Behave as you would toward anyone, as the best version of yourself, to be true to yourself. By modeling behaving respectfully, no matter the challenges you face, you're showing teammates that they can too.
- 9. Are leaders:** You don't have to be the best player on your team to be a leader. You don't even need to be a vocal leader. Every player can lead by their actions. Is what you do on a daily basis making your team better? Challenge your teammates during drills. You'll improve and so will they. Bring energy to every practice. Don't talk bad about teammates or coaches outside the team environment. These are all ways you can lead your teammates towards success.
- 10. Are resilient:** Help your team use temporary setbacks or losses as an opportunity to grow and improve. Don't make excuses, look for solutions. Your ability to bounce back and learn from mistakes will be infectious and help make your entire team more resilient. In any situation, one player's positive outlook can make a difference. Try to be that player.
- 11. Help foster a family atmosphere:** Support your teammates like family. Your season is going to have highs and lows, so are your teammates. Teams that build close relationships are usually the teams having the most fun and having the most success.
- 12. Take responsibility:** All of your actions, within and away from the team, are a representation of your team, your school or organization, and your family. Take responsibility for your behavior and actions at all times. Conduct yourself in such a way that your parents, coaches, and teachers would be proud of you. You never know who is looking at you for cues on how to behave.

MIKE KLINTZING,
FOUNDER & EXECUTIVE DIRECTOR
OF HEAD START BASKETBALL
- POSITIVE COACHING ALLIANCE -





10 POSITIVE DISCIPLINES THAT GREAT COMPETITORS LEARN FROM ATHLETICS

- 1) Arriving early and energized - sincere enthusiasm
- 2) Focused attention and effort for the entire training session
- 3) Respecting authority and opponents
- 4) Personal responsibility and accountability
- 5) Listening with positive intent to learn
- 6) Controlling emotions and reactions even when others don't
- 7) Strong, confident body language
- 8) Doing the details well
- 9) Earning your successes instead of looking for favors or shortcuts
- 10) Finishing what you start and finishing strong

These disciplines will lead to success in every part of your life.

Real Life! Compete! Start Now!





52 CARD PICK-UP WORK-OUT



LAND



JUMPING JACKS
or
SQUAT JUMPS



V-UPS
or
CRUNCHES



TRICEP PUSH-UPS
or
LEG RAISES



LUNGES
or
FROG JUMPS



WATER



DOLPHIN KICK
or
FLUTTER KICK



EGGBEATER
or
BALLET LEG HOLD

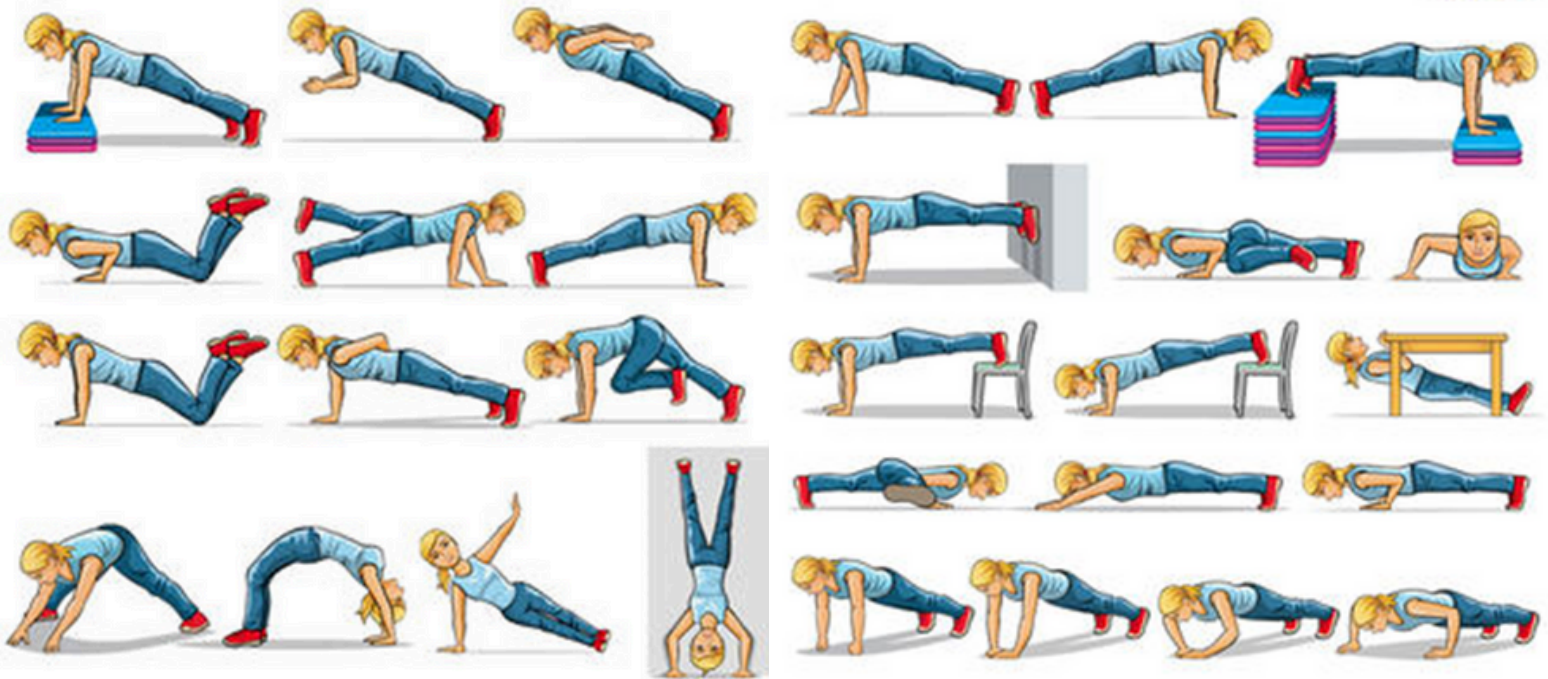


TORPEDO SCULL
or
DOLPHIN SCULL



25 YD SPRINTS
OR
KICK/PULL/KICK
OVER

PUSH-UP FUN





TOE POINTS - HOW TO

A STRONG TOE POINT IMPROVES YOUR LEG LINE.

Incorporate foot exercises in your overall conditioning program to strengthen your toe point, improve foot function and boost your performance quality.

Warm up your feet and ankles before you get to the heart of your workout. Take off your shoes and walk or prance around the room for three to five minutes to loosen up your ankles and wake up the muscles of your feet and toes. Place one hand on a wall for support, raise your right foot off the floor slightly and do a set of ankle circles, rotating the foot 10 to 15 times to the right and then left. Repeat with your left foot. Better yet, "write" the letters of the alphabet in the air with your big toe. Starting with your right foot, work your way from A to Z and then repeat with your left foot.

Work the tiny intrinsic foot muscles -- the interossei and lumbricals -- that support your arches and stabilize your toes. Sit on a chair with your feet on the floor in front of you. Pressing the toes of your right foot into the floor, draw the ball of the foot toward your heel. Visualize a balloon slowly expanding under your foot, pushing the arch upward. If you have difficulty isolating the arch, place a hand towel on the floor near your feet and use the toes and ball of the foot to grab the towel and pull it toward you. Alternatively, scatter a variety of small objects -- marbles, crayons, a balled-up pair of socks -- on the floor. Pick up the items with one foot and drop them a foot or so away. Whatever exercise variation you choose, shoot for eight to 12 reps on each foot.



* Finish up your workout with a foot massage to release tension and prevent cramping. Gently press your thumbs into the soles of your feet or roll the bottom of each foot over a golf ball or frozen water bottle.

*If you work your feet hard one day, take a full day to let them rest and recover. On off days, focus your conditioning efforts on other body parts.

*Recognize that improving your toe point is a process. Over time, as your ankles, feet and toes become stronger, a solid toe point should become second nature.

If you've injured any part of your foot or ankle in the past, speak to your doctor or physical therapist about the advisability of specific exercises.

MARBLE PICK-UP
Pick up 20 marbles off the floor with your toes and place each marble individually into a bucket or pan. Repeat this daily.

1

2

FootSmart

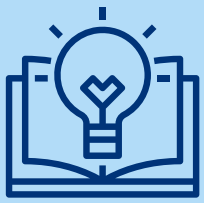
TOWEL CURLS
Curling your toes on the edge of a towel, scrunch the towel toward your body. This may be difficult at first, but with practice it will become much easier. When it does, place small weights on the towel to increase the resistance.

1

2

FootSmart





USAAS COACHES

THE ARTISTIC ANNOUNCEMENT
APRIL-JUNE 2024

CONTINUING EDUCATION



CONNECTION BASED COACHING

Connection Based Coaching training course was designed by professionals in Social and Emotional Learning (SEL) and utilizes the experiences of interviewed Team USA athletes, coaches, and staff to help participants understand how these skills can enhance their coaching. In three 30-minute modules, this FREE course focuses on social and emotional learning (SEL) skills for coaches to connect better with their athletes.

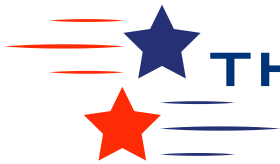
The free course can be accessed [here](#). Thank you for your commitment to youth development and coaching excellence.

WHY DEI?



In Oct, 2024, USA Artistic Swimming announced the launch of [WHY DEI?](#) new DEI training partnership with Guardian Quest. With the vision of advancing diversity, equity and inclusion within the organization, this training opportunity is available to all members of the USAAS community and beyond.

We highly encourage you to take advantage of this resource. Please visit the link [here](#) to take the Why DEI training.



THE PLACE FOR COACHES

The USOPC's "The Place for Coaches" is launched and available to NGBs and coaches to leverage as a resource. While we have just a few things now, including [Connection Based Coaching](#) and [Mental Training for Performance](#) we hope you'll be able to use the resources we're creating to help support your program as well as Team USA coaches and the community of coaches that impact Team USA athletes.

Click the link [here](#) to access The Place for Coaches by Team USA



STRESS MANAGEMENT

THE VALUE OF STRESS

Mental Health has become a major focal point in the past few years. Positive mental health is not only good for the person, but also for their performance. Something that we have historically looked at as being unhealthy, and have treated it as such, is stress. Stress often negatively impacts performance, generally makes life miserable and can even lead to an early death.

But what if it doesn't.

Take 5 minutes and watch this edited TED Talk by Stanford Psychologist Kelly McGonigal, on how to make stress an ally, instead of an adversary. Click [HERE](#)

Stress is not the danger, how we react to it is.

Athletes are under stress to perform. Help them to see stress as something that helps them perform, not prevents them from performing at their best. And Coaches-your job can be pretty stressful as well. Watch this for your own benefit, especially the final 15 seconds.

Know Your Why!

The good news is research shows people can quickly change their attitude about stress. Ask your athletes if they are dealing with stress. Then show them (teach them) the value of stress and that it is actually their ally. Athletes don't need more pressure to win, they need tools to handle pressure/stressful situations. I wish I would have understood this better when I was coaching.

Click [HERE](#) for the link to Kelly's full 14-minute TED Talk.



MITCH HULL, 3D INSTITUTE
WWW.3DINSTITUTE.COM



USAAS ATHLETES & COACHES

JUMPING FOR JOY!

WHY JUMP ROPE?

Incinerate Calories – Jumping at a very moderate rate burns 10 – 16 calories a minute. According to Science Daily, 10 minutes of jump rope training is about equivalent to running an 8-minute mile.

Increase Bone Density – The medium impact of jumping rope increases bone density, but isn't as hard on your joints as running because the impact of each jump is absorbed by both legs.

Jumping makes you smarter – Jumping aids in the development of the left and right hemispheres of your brain, which further enhances spatial awareness, improves reading skills, increases memory and makes you more mentally alert.

Improves Coordination – When you jump rope on the balls of your feet, your body connects with your mind to make “neural muscular adjustments” to help keep you balanced improving your coordination.

Because it is so much FUN! – What other cardio lets you combine your childhood dreams of being in the circus, moving like a ninja and floating like a butterfly?



HAVE FUN WITH THESE JUMPS:



TWO FEET BASIC



SIDE TO SIDE (SKIERS)



SINGLE FOOT HOPS



SIDE ROPE SWINGS



SWITCHING FEET



CRISS CROSS FEET



STRADDLE/TOGETHER



STRADDLE/FEET CROSS



DTC & STC UPDATES

UPDATES & CLARIFICATIONS

beginning May 1st, 2024

These WILL be in effect for Junior Olympic Championships
Please check out the USAAS Website [here](#) to find all documents.

- An updated Height Chart as been posted. No changes to heights have been made. There are additions to Group B-Stack examples and codes for Pair Acro.
- The Difficulty Guide v4.2 & Difficulty Table 4.2 - updated 3/4/2024, have been posted. These documents include the updated limitations to Rotations and Thrusts.
- An updated Height Chart as been posted. No changes to heights have been made. There are additions to Group B-Stack examples and codes for Pair Acro.
- The new Apnea Guidelines and chart have been posted.
- All currently certified DTC's are required to complete the update training. Once completed, your expiration will be updated to 12/31/2024. For now it is set to 5/1/2024.
- Required DTC Update and updated DTC/STC courses, are now posted on the website.
- Contact shari@usaartisticswim.org if you are interested in taking the DTC or STC Level 2 tests.

SYNCHRO TECH CONTROLLERS CLARIFICATIONS

- ↳ Major synchronization errors are recorded per movement, not just movements per .5 seconds.
- ↳ For Major errors, all 3 STC's must be in agreement and record the same number.
- ↳ Each 180-degree rotation unsynchronized = 1 minor if slightly off, or obvious if over half off of one another.



APNEA GUIDELINES

EFFECTIVE MAY 1ST, 2024

Below you will find the recent change to apnea limits for all routines.

These WILL be in effect for the Junior Olympic Championships.
Please check out the USAAS Website [here](#) to find all documents.

It is the decision of each Association & Region as to if they will use these guidelines for their qualifying competitions.

FREE HYBRID Apnea Maximums - Calculation Table (As of Dec 28, 2023)

| Event | Routine Time Limit | No. of Hyb/TRE Elements | % of time for FREE HYBRID apnea | = Maximum FREE HYBRID time of: | Approx. Time per Free Hybrid | % of time for Trans/Acro/TRE | Equals Trans/TRE/Acro time of: |
|------------------------------------|--------------------|-------------------------|---------------------------------|--------------------------------|------------------------------|------------------------------|--------------------------------|
| 12&U AGE GROUP | | | | | | | |
| 12&U Solo Free | 2:00 | 5 | 50% | 1:00 | 12s | 50% | 1:00 |
| 12&U Duet/Mixed Duet Free | 2:30 | 5 | 50% | 1:15 | 15s | 50% | 1:15 |
| 12&U Team Free | 3:00 | 6 | 50% | 1:30 | 15s | 50% | 1:30 |
| 12&U Combo | 3:00 | 5 | 50% | 1:30 | 18s | 50% | 1:30 |
| YOUTH EVENTS | | | | | | | |
| Youth Solo Free | 2:00 | 6 | 58% | 1:10 | 11.7s | 42% | 0:50 |
| Youth Duet Free | 2:30 | 6 | 50% | 1:15 | 12.5s | 50% | 1:15 |
| Youth Mixed Duet Free | 2:30 | 5 | 50% | 1:15 | 15s | 50% | 1:15 |
| Youth Team Free | 3:00 | 6 | 50% | 1:30 | 15s | 50% | 1:30 |
| Youth Combo | 3:00 | 5 | 50% | 1:30 | 18s | 50% | 1:30 |
| 15-17 & 18-19/20 EVENTS | | | | | | | |
| Jr Solo Tech | 2:00 | 7 | 25% | 0:30 | 15s | 75% | 1:30 |
| Jr Duet Tech | 2:20 | 7 | 25% | 0:35 | 17.5s | 75% | 1:45 |
| Jr Mixed Duet Tech | 2:20 | 7 | 25% | 0:35 | 17.5s | 75% | 1:45 |
| Jr Team Tech | 2:50 | 8 | 32% | 0:55 | 18s | 68% | 1:55 |
| Jr Solo Free | 2:15 | 7 | 63% | 1:25 | 12s | 37% | 0:50 |
| Jr Duet Free | 2:45 | 7 | 57.5% | 1:35 | 13.5s | 42.5% | 1:10 |
| Jr Mixed Duet Free | 2:45 | 6 | 55% | 1:30 | 15s | 45% | 1:15 |
| Jr Team Free | 3:30 | 7 | 57% | 2:00 | 17s | 43% | 1:30 |
| Jr Acro Routine | 3:00 | - | - | - | - | - | - |



THANK YOU TO OUR SPONSORS

THORNE

Protein's Effect on Sleep and Muscle Recovery

Although the impact of sleep on the body's ability to recover and repair has been established for many years, researchers have only recently begun to examine the role that night-time protein intake can have on the body's typical sleep patterns.

Protein, when taken immediately post-workout, has been long tied to muscle recovery and repair from exercise and training. For example, sports dietitians recommend that athletes consume protein foods containing approximately 2.3 grams per serving of leucine, an amino acid that signals the muscles to recover and repair after a workout. Research shows this amount of leucine can best repair and maintain muscle.

Scientists have begun to explore what happens in the body when protein is provided outside of the post-workout recovery period.

When we sleep, the rate at which the body creates new protein – an essential part of recovery from training and competition – is normally quite low. In general, protein consumed during the post-workout period is no longer available by the time an athlete is settling in for a night of sleep. So researchers are now considering if there are ways to support recovery during this “window”.

For more of this article, Click [HERE](#).

Store link: <https://www.thorne.com/u/USAAS>